

# Proficiency Coaching Playbook

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## Coaching Outline for Session #1: The Purpose of the Game

Remember, the key is to use this basic outline of the RACE model as a guide while maintaining focus on the Coaching Power Patterns that create an experience of Belonging:

- #15 Respects the Players Humanity
- #1 Engages in Provocative Conversations
- #4 Enjoys the Player Immensely

### The First Session {Bigger Why + Basic Game Design}...

Remember to encourage (but not insist) your player to play a "Game of Ask".

#### 1) **BIG GAME**

**Ask:** What is the **BIG GAME** you want to play better?

**Ask:** What does winning look like to you?

{This is a provocative conversation: it's big and it's personal}

**Ask:** What would it mean to your life if you won this game?

{Also extremely PROVOCATIVE; Plus a place to really ENJOY them}

Clarify The **RACE** and **OBJECTIVES** for the next 5 weeks

#### 2) **RESULT!**

**Ask:** What is the recurring result that you want to create each time you play the game?

**Ask:** What is the **TANGIBLE OUTCOME** you want to reach by creating these results?

#### 3) **ACTIONS!**

**Ask:** What are the recurring actions that you will take to create this result?

**Ask:** What does **MASTERY** look like in these actions?

{This is a provocative conversation: it's big and it's personal}

#### 4) **CHALLENGE!**

**Ask:** What are the challenges in the game that will come from playing for these results?;

**Ask:** How can you bring the Spirit of Play into these challenges?

**Ask:** What support do you need?

{Here you can Respect the Players Humanity}

**Ask:** Who will you **BECOME** by facing these challenges?

{This is often an opportunity to Enjoy Your Player}

#### 5) **EVALUATION!** –

**Ask:** How will we evaluate your progress in the game each week?

**Ask:** What **UPGRADES** do you want to make to your environment as a reward for winning?

#### 6) **Highlights**

**Ask:** What are your highlights for this session?